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Toronto's new bike boss saddles up

Cycling. With record numbers choosing two wheels over four, Jacquelyn Hayward Gulati is taking on a big agenda



**LUKE
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Jacquelyn Hayward Gulati has pedalled into the right town at the right time.

Toronto's new cycling manager has been tasked with shifting the city's bike facilities into high gear at a time when an unprecedented number of people are choosing two wheels instead of four — and Toronto isn't alone in that surge.

"It's a trend we're seeing in major urban centres," Gulati said. "North American cities are exploding with an interest in commuter cycling."

A recent count conducted by Cycle Toronto showed the number of cyclists moving through the intersection at College and Spadina — one of the city's busiest bike blocks — during rush hour has increased by 74 per cent in just three years. "The numbers are higher than ever," said Gulati.

Quoted

"If residents are biking more, it means they're voting with their wheels."

Jacquelyn Hayward Gulati, Toronto's manager of cycling infrastructure and programs

"It's exciting," she added. And more wheels on the street — coupled with riders' voices — could mean big things for Gulati's ambitious plan.

Gulati, who previously worked in Mississauga, is taking on a big agenda that includes expanding the network of bike lanes, making existing lanes safer and adding more bicycle parking downtown.

She's also not afraid of taking space away from cars if it means a win for cyclists.

For example, she supports the city's bike corral program, which replaces on-street parking with bicycle racks.

"Right now, some of our streets are overly supportive of driving. We need to balance that," she said. "So maybe we take away one car parking spot, but that spot provides space for 10 or 12 bikes."

"That's 10 more people who will be shopping at local stores or restaurants."



Jacquelyn Hayward Gulati, Toronto's new cycling manager, says Toronto is a city that is "overly supportive of driving" and needs "balance," adding that she thinks taking away one car parking spot is worthwhile if it provides space for 10 or 12 cyclists to park their bikes. TORSTAR NEWS SERVICE

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Transit. City denied funding

The provincial and federal governments are refusing to pay the city's requested \$60 million to help cope with \$80 million in cost overruns for the Union Station revitalization.

This is according to a city staff report released at city hall on Monday as Mayor John Tory's executive committee met to review the proposed 2015 budget.

City staff asked the province to pay half of the \$40 million cost increase for the North West Path, and \$15 million from the province and \$25 million from Ottawa toward \$80 million in general cost overruns.

"All requests have been denied," states the report signed by senior staff including city manager Joe Pennachetti.

Mayor John Tory was mum about the details but said it won't affect this year's budget. He insisted "negotiations continue" on Union Station costs and that the city is kicking in capital funds to help the province pay for its rail corridor electrification project.

Work on the Georgetown South and Union Pearson Express lines has benefits for the city in terms of reconstruction of roads and bridges and grade separations, the city report states.

The size of that contribution remains under wraps. The report notes that the city will this year stop paying a \$20 million annual contribution to capital costs for the provincial GO service.

Executive committee, meanwhile, passed the proposed operating budget that includes \$9.973 billion in operational spending. The budget goes to city council for final approval next week.

TORSTAR NEWS SERVICE

Students petition to ditch TTC ID

Metropass. Service under review after complaints about two-card system



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The Toronto Transit Commission is looking into how much identification is too much to ask from post-secondary students.

Under current rules, full-time students get a discount on their monthly Metropass, but it's only honoured at the fare box if they show a second TTC-issued piece of identification proving they're a student.

Forget one of the two cards and you are — literally these days — left out in the cold.

"It's both completely unnecessary and a money grab," said Jordana Schiralli, a third-year psychology student at University of Toronto.

The TTC is reviewing the policy — a move that comes as students voice their concerns louder than ever.

Schiralli has become a leader in the call for ditching the two-card system. She started an online petition to that effect last week.

Her breaking point came, she said, when she was kicked off a bus on her way to take an exam because she didn't have both cards on hand.

The driver "refused to sympathize," she said.

"Luckily I got to school on



The days of students double-fisting passes to ride the TTC could be over depending on the results of a procedural review.

GILBERT NGABO/METRO

time, but not without some added stress and embarrassment from the encounter."

Minutes after she posted the petition, hundreds of students signed on. About 7,000 are now supporting the effort, and Schiralli's hearing a lot of stories that sound familiar.

Students have told her stories about drivers yelling at them, having their Metropasses revoked and even being fined. Those types of consequences are unacceptable, she said.

"Most students are already tight on money and are just trying to get to school on

time," she said.

Milly Bernal, a TTC spokeswoman, said the commission was unaware of the petition when the internal review started. But officials are aware of the frustration.

The service regularly receives complaints from students who have been turned away for not carrying both cards or by drivers questioning the ID card's authenticity.

"When the board receives the petition, they will look at it and make appropriate decisions," Bernal said.

Last year, the TTC eliminated the use of a similar card for high school students.

The numbers

- \$112: Monthly cost of a Metropass for post-secondary students.
- \$425: Fine for students who don't produce a TTC-issued student ID with their Metropass.
- \$5.25: Annual cost of a TTC-issued student ID.
- 63,000: Number of student Metropasses sold monthly from September to April.

1 NEWS

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iMove faces more theft allegations

Delivery service.

Second person in a month claims they were ripped off



LUKE SIMCOE
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A second victim has come forward alleging a Toronto moving company has effectively stolen her belongings.

Linda Cameron hired iMove Canada to ship her things from Toronto to Thunder Bay in July. She claims she paid the company \$950 but never received her property.

"They were supposed to deliver in four to five days. It's been seven months," she said.

Last month, Metro reported the story of Mark Davids, who moved from Toronto to Lethbridge, Alta., in October. He also hired iMove and claims the company failed to deliver his belongings.

Cameron's story is nearly identical to Davids'. She chose



Toronto lawyer Daniel Brown chided police for not taking Linda Cameron's case more seriously. CONTRIBUTED

iMove because the company's quote was affordable, was asked to pay upfront via an e-transfer — which she did — and was later stonewalled when she asked where her things were.

Like Davids, Cameron was eventually informed her belongings had been sent back to a warehouse in Mississauga.

"I've phoned iMove 20 or 30 times," she said. "I just want an address. I'll get a truck and pick up my stuff, but every time you call the company, their mailbox is full."

iMove Canada owner Andrew Ludzeneke did not respond to requests to be interviewed for this story. In an earlier interview with Metro, he blamed delivery delays on "third-party" shipping companies.

Cameron is a clothing designer and said she moved to Thunder Bay to start a clothing store with her sister. Her equipment, including sewing machines, fabric and her computer, was entrusted to iMove along with other items.

"It's totally ruined my life. I came up here to set up a business but can't move forward because all my stuff is in Mississauga," she said. "If it even still exists."

A civil matter?

'It's a shame police won't do more,' says lawyer

Linda Cameron took her case to Toronto police in January.

There was a brief investigation, but police concluded it was a civil matter and encouraged her to take the case to small-claims court.

Cameron disagrees and says she's a victim of fraud. However, she doesn't have the resources to pursue a civil case.

"I want iMove put out of business," she said.

"They're taking advantage of people with a lower income."

Toronto lawyer Daniel Brown chided police for not taking Cameron's case more seriously.

"It's a shame the police won't do more to remedy the situation," he said. "Normally, once the police get involved, it prompts the person to return the property or remedy the contract."

Brown said iMove's actions could be considered criminal if it could be proven they had no intention of returning Cameron's belongings or honouring their contract.



The city is considering new relaxed rules for food trucks one year after council voted to allow them on the streets. But some, like Prince Edward's Fries owner Jay Traya, right, say it might not be enough. TORSTAR NEWS SERVICE

Restrictions. Foodies prep for next food-truck fight

The city is gearing up for another possible fight over food-truck rules — one that food-truck advocates say they won't back down from this time.

Last April, city council voted 34-3 to allow trucks selling diverse food offerings on city streets for the first time. But that came after a controversial debate on the rules, and in the end, the inclusion of many caveats — including a three-hour parking limit and a restrictive 50-metre rule that prevents trucks from parking near restaurants.

Though the city offered up 125 permits, now \$5,066 each, a year later, less than half have been purchased.

Now, the city will have to decide whether to further relax the rules, including extending the parking limit to five hours, to save the stalled industry. A public consultation will be held March 5, ahead of a staff report to the municipal licensing and standards committee.

Other moves being considered by the city include creating a six-month, half-price seasonal permit.

Quoted

"If the city allows Mr. Sub and Tim Hortons side by side to compete, how about a food truck? I don't believe that we are hurting them in the scheme of things."

Jay Traya, who operates Prince Edward's Fries

While the restaurant industry has pushed back on the increase in food trucks and successfully lobbied council to impose stricter rules, vendors say they shouldn't be singled out as a threat to brick-and-mortar establishments.

The city's municipal licensing department, which oversees the permits, said it's not currently considering a change to the 50-metre rule.

"However, if it comes up at the consultation sessions as an issue, based on the past year of experience, it is something that staff will look at," said spokesperson Tammy Robinson.

TORSTAR NEWS SERVICE

Tips for finding honest movers

Toronto Police Det. Gail Regan has advice for anyone looking to hire a moving company.

- **Do your research:** Regan advised checking with the Better Business Bureau and looking at online reviews before choosing a mover.
- **Don't pay until delivery:** Reputable companies don't ask for a deposit, Regan said.

said. It's also not advised to pay with cash or wire movers money.

- **Trust your gut:** "If your conscience is saying it doesn't feel right, then don't go with it," Regan said.
- **Report serious problems to the police:** If you find yourself in a situation like Cameron's or Davids', report it to police, Regan said.

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Family grieves after loss of 'goofy' uncle

Shooting. Niece of victim says he 'wasn't a troublemaker'

The family of one of the two men allegedly shot dead by an armed security guard in an east-end McDonald's this weekend is searching for answers to explain what led to the loss of "an extremely loving guy."

"He wasn't a troublemaker. He wasn't one to sit there and cause fights," said Danielle Hind, 22, of her uncle Ryan Hind, 39. "Why did he (the guard) need to shoot?"

Homicide investigators said little on Monday about the shooting that killed Hind and another McDonald's patron, Donny Ouimette, 25, following what police have described only as a "fairly significant

physical confrontation."

Danielle Hind said her "goofy" and "caring" uncle, who would do anything for his family, was at a bar with friends before the shooting early Saturday morning.

She said he died in his girlfriend's arms.

Ouimette and Hind were pronounced dead on the scene, police confirmed on Monday. The male guard, who was re-

leased from hospital after being treated for a hand injury, has not been identified. No charges have been laid.

According to a spokesperson for GardaWorld, the guard was employed by Intercon Security, which was recently acquired by Garda.

"Our employee was injured and is now recovering," the spokesperson said in a statement. **TORSTAR NEWS SERVICE**



Ryan Hind. FACEBOOK



Donny Ouimette. CONTRIBUTED

Israel-Palestine conflict. Film screening meant to bridge views: Organizers

Organizers are hoping to offer a new view on the divisive Israeli-Palestinian conflict, through the eyes of children, at an event in Toronto.

Born in Gaza, a documentary that will have its Toronto premiere Tuesday night, is devoid of political leaders or military mouthpieces, and instead tells the story of violence in the lives of children raised in the Palestinian territory.

Those leading the event say they hope that approach will attract an audience with broad views and spur meaningful dialogue.

"Children come with a different perspective, and that purity of experience translates into really emotionally powerful cinema," said Ezra Winton, director of programming at Montreal-based Cinema Politica, a non-profit group that is screening the film as part of Israeli Apartheid Week. "It's a beautifully constructed film, gorgeously shot, beautifully made."

Using children provides a rare look at the conflict without overt politics, he added.

"I don't think it contributes to any kind of anti-Israel discourse," he said. "I think this film is an anti-war film."

But despite organizers'

Screening details

Born in Gaza (2014)
Bloor Hot Docs Cinema
March 3, 6 p.m.
Admission by donation

intentions, one critic says that goal is doomed to fail.

Nora Gold, an activist and author involved in progressive causes in Canada's Jewish community, said it's destined to be pro-Palestinian propaganda because of its association with Israeli Apartheid Week.

Israeli Apartheid Week is an annual and controversial series of events on the Israeli-Palestinian conflict, which has been criticized as a mouthpiece for anti-Israeli voices and anti-Semitism. Gold said other event co-sponsors are known for similar headline views.

"The purpose of it is not to promote dialogue, it is to delegitimize the Jewish state," she said. She called the screening a missed opportunity.

"There are Jewish organizations that are progressive and would attend a movie like that and there could have been a wonderful discussion afterwards about the role of Israel," she said.

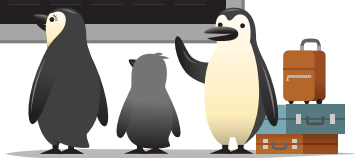
ROSEMARY WESTWOOD/METRO



The documentary Born in Gaza is billed as "an intimate, deep look" at violence in the lives of 10 children that leaves aside political debates. SCREENGRAB

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Coun. Wong-Tam calls for term limits to combat lack of diversity

City council. About half of Torontonians are people of colour, but only 14 per cent of council are of a race other than Caucasian



JESSICA SMITH CROSS

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A Toronto city councillor is urging the introduction of term limits as a way to ensure more diversity on council.

Coun. Kristyn Wong-Tam says long-serving incumbents are a barrier to electing people of colour and other diverse backgrounds to city council.

"There's a lot of power in incumbency," Wong-Tam said during a Monday panel discussion about the issue.

"That has to change. It's really difficult for anyone to break through in electoral politics unless you have a lot of power, money and name-recognition."

Diversity may be Toronto's strength, but it isn't reflected on city council.

About 49 per cent of Torontonians are people of colour, but only 14 percent of city council — that's six of Toronto's 44 councillors — are of a race other than Caucasian.

The last council was the same. Only one mayor in the mega-city's history has been a person of colour: William Hubbard, elected in 1904.

There are 14 women on council, meaning two out of three councillors are men. Two openly LGBTQ councillors have been elected in the city's history.

As for the power of incumbency, Wong-Tam knows



Kristyn Wong-Tam is one of the few minority faces on Toronto City Council. TORSTAR NEWS SERVICE

about it firsthand.

In her first election, she had no power of name recog-

nition and was barely elected, but her second election was much easier.

Council needs renewal, and diverse candidates without powerful political connec-

New councillors

7

Number of new councillors elected last year. Six were running in seats where the incumbent councillor had decided not to run again.

tions need a chance to serve, she says. She has pledged not to serve for more than three terms.

Along with term limits, Wong-Tam suggests moving to a ranked-ballot system, in which voters rank candidates in order of their preference, would help see more fresh faces succeed.

"Then, you'll see people who are more engaged, and more importantly, there's a sense that your vote really matters," she said.

She also suggests allowing permanent residents to vote.

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#mysterytunnel

Of course there was a hashtag. The Toronto tunnel mystery, and subsequent puzzling solution, was a gold mine for Twitter users who decided to have fun. Here are some of our favourites:

@RobinDLaws. Look, Toronto police. Everybody who builds a mystery tunnel does it for personal reasons. We need you to be more specific than that.

@JodiesJumpsuit. If 2 dudes can build a 33 FT long tunnel for #PersonalReasons think about what you can accomplish in your spare time.

@ottaross. There are many valid #personalReasons for tunnelling: poor fashion sense, bad case of acne, needing a little "me-time" #personalTunnelling

@RealMattEgner. #Toronto police ID builders of #mysterytunnel. They say tunnel was built for 'personal reasons' - I knew it, a "Man Cave".

Tunnel dug for 'personal reasons'

Strange news.

The tunnel's builders just 'wanted to dig a tunnel,' say police

A mystery tunnel discovered near a Pan Am Games venue in north Toronto was built by two men who wanted a place to "hang out," police said Monday.

The pair, who were tracked down thanks to tips from the public, told investigators they built the tunnel for "personal reasons" and their explanation has been verified, Const. Victor Kwong said.

Kwong said police have determined there was never any criminal intent or danger to public safety, and no charges will be laid.

"It literally was these two guys who had an idea to create a place to themselves to hang out in," he said.

"You think about a kid making a fort, digging a hole — add 15 years to that," he said.

Kwong said the men are



A Toronto police photo of the tunnel found near one of the venues for this year's Pan American games. Police say there's nothing to suggest a criminal element is involved. TORSTAR NEWS SERVICE

ther details since the case is not a criminal investigation, but Kwong said there is no connection to York University, which is near the site where the tunnel was found, or the Pan Am Games.

Toronto police announced the discovery of the tunnel on Feb. 24 and released photos of the site, prompting media coverage across Canada and abroad.

The bunker, discovered in January by a conservation officer in a densely wooded area, is located 25 metres from the fence of the Rexall Centre, which is to host tennis events for the summer's Pan Am Games.

Inside, police say they found plywood wall supports, a generator and a sump pump, as well as a rosary with a Remembrance Day poppy nailed to a wall.

Police said the chamber was almost two metres high, 86 centimetres wide and 10 metres long.

Even though the bunker "looked impressive," the men have no formal training in construction, Kwong said.

THE CANADIAN PRESS

not believed to be survivalists, adding they just "wanted to dig a tunnel."

The men had "no idea" they weren't allowed to dig

in a public park and were apologetic during their interview with police, he said.

Toronto bylaw enforcement said digging on city

land would be considered trespassing, which is enforced by police.

Police are not releasing the men's names, or any fur-



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METRO EXPLAINS

The story behind what's pushed students onto the picket line

ROSEMARY WESTWOOD/METRO

U OF T STRIKE

Who's striking

The 6,000 members of CUPE 3902. They are full-time students, most of whom work part time as teaching assistants.

Most are doctorate students, some are master's students and about 600 are undergrads. They account for about 30 per cent of all teachers at U of T.

What they want

More money. The annual minimum funding package, which includes wages and stipends, for those on strike is \$15,000 each, which the union argues isn't enough. U of T offered an hourly wage increase to \$45.73 from \$42.05, but the union says that wouldn't push the whole compensation package to a high enough level.

How they got here

A tentative contract agreement was reached on Thursday, but 1,000 of the union's members rejected it on Friday. Bargaining started months ago. Throughout, the union's fundamental stance has been that members can't financially balance research and work. The university said the tentative agreement reflected "the importance we place in supporting teaching assistants."

What it means for students

The university has said all three of its campuses will remain open, but the strike has the potential to disrupt classes for thousands of students and there is a lot of uncertainty. Most classes will go ahead as planned, but students are being asked to check regularly on the status of their courses.

What happens next

The university called its offer "generous" and is asking the union to "take another look" at it and then put it up for another vote.

TORSTAR NEWS SERVICE

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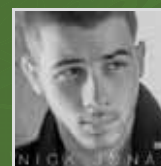
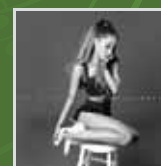
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The picket lines at University of Toronto are symptomatic of bigger problems facing Canadian schools, some say.
TORSTAR NEWS SERVICE

Money matters for graduate students

Education. In a time of smaller budgets and fewer faculty jobs, what's the real value of teaching assistants?



ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

At the heart of the University of Toronto strike is this question: how much compensation should graduate students receive?

It's a question without a clear answer. And it points to a growing debate about how to manage a university system that's changing as it balances tighter budgets and fewer faculty positions with pressure to educate more Canadians.

Schools offer so-called "funding packages" to grad students in an attempt to attract the best and brightest with an eye toward eventually filling faculty positions. At U of T, stu-

dents get tuition covered plus a minimum of \$15,000 for teaching work and stipends.

The university has defended the package, saying it places great importance on teaching assistants. But Erin Black, chair of the union on strike, says it's not enough.

Black argues that at a school with an international reputation and some of the highest tuition fees in Canada, more money should be going to graduate students — who end up doing about one-third of all teaching on campus.

Part of the problem is a "decoupling of training and hiring" at Canadian universities, noted University of Toronto Faculty Association president Scott Prudham.

Black agrees, saying universities are encouraging more students to enter graduate studies and invest further in their education, but many who earn doctorates can't find tenure-track jobs and, instead, end up as lower-paid sessional teachers.

As the "right" compensa-

tion figure for graduate students is up for debate, Ontario's student-to-faculty ratio is rising, noted Kate Fellow, president of the Ontario Confederation of University Faculty Associations.

It's now the highest in Canada, she said — a sign that campuses across the province will increasingly have to confront the grad-student problem.

York U strike

- York University's 3,700 teaching assistants and contract professors voted Monday night, rejecting an offer the union executive urged them to turn down for not providing the wage hikes and job security it was seeking.
- York has said it will cancel all classes, exams and academic activities if CUPE 3903 goes on strike to ensure all students are affected equally.

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Fatality

GO bus driver charged in crash

Police have charged Donald Bruce Crombie, a 66-year-old bus driver, in a GO transit crash in Vaughan that killed a 56-year-old woman.

Provincial police say the bus was travelling eastbound on Highway 407 on Jan. 14 when it hit a guard rail on the right side of the highway. The bus then veered onto a grassy area, rolled onto its side and ejected Radika Nankissoor.

THE CANADIAN PRESS

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Human-rights shrine bans selfie-stick use

Self-portraits. The Canadian Museum for Human Rights says the ban will ensure the safety of the museum's visitors and its exhibits

The Canadian Museum for Human Rights in Winnipeg is joining renowned museums around the world in banning the use of selfie sticks.

The sticks are the extendable poles that hold a camera or smartphone beyond arm's length to help take group photographs or pictures of one's self.

Maureen Fitzhenry, a museum spokeswoman, says one of the main reasons for the ban is the safety of museum visitors and exhibits.

Fitzhenry says the facility is also concerned about the devices posing an obstacle to other visitors and in maintaining a respectful environment, given the content of some of the exhibits.

Selfies are still allowed, but the museum encourages visitors to keep to hand-held, flash-free photography and doesn't allow the use of camera tripods.

Fitzhenry says the museum hasn't had any trouble with people using the sticks so far.



Chris White-Ferrell takes a selfie using a selfie stick outside the Canadian Museum for Human Rights on Monday afternoon. The museum has banned the use of selfie sticks inside the building. SHANE GIBSON/METRO

In February, the Metropolitan Museum of Art in New York barred visitors from using the devices, fearing they could damage artworks and disrupt fellow patrons.

The Met's decision followed a string of U.S. institutions outlawing selfie sticks, including New York's Museum of Modern Art, the National Gallery of Art in Wash-

ington and the Museum of Fine Arts in Houston.

The National Gallery in central London disallows them as well.

THE CANADIAN PRESS

Super Bowl ads. Bell to challenge CRTC decision

Canadians may not get to watch American Super Bowl ads on Canadian TV channels after all, if Bell gets its way.

The Canadian Radio-television and Telecommunications Commission (CRTC) issued a ban this year on the simultaneous substitution of Canadian advertising over U.S. ads during the NFL final.

Bell Media called the decision unfair Monday as it filed a motion with the Federal Court of Appeal to contest the decision, saying the CRTC acted in error.

"People see the CRTC's simultaneous substitution decision as a negative for Canada," Bell Media vice-president of communications Scott Henderson said in a statement.

"If it makes policy decisions based on what Canadians value, it's clear the CRTC fumbled this decision."

Bell claims the CRTC was wrong to single out Super Bowl

Quoted

"If it makes policy decisions based on what Canadians value, it's clear the CRTC fumbled this decision."

Scott Henderson, Bell Media vice-president

ads for the ban while declaring simultaneous substitution, known as simsub, important to the broadcasting system.

A spokeswoman for the regulator said the CRTC would not comment on the appeal because the issue is now before the courts.

The broadcasters have argued they need the revenue generated by the ads to pay for the Canadian rights to air the game. It's estimated that simsub pumps \$250 million annually into Canada's broadcast system. THE CANADIAN PRESS

Thailand

Quebec sisters likely poisoned by pesticide: Coroner

A Quebec coroner has concluded that two sisters found dead in their hotel room in Thailand in 2012 were probably intoxicated by phosphine, a strong pesticide. The same pesticide was also believed to have been responsible for the recent deaths of two children in northern Alberta. THE CANADIAN PRESS

University of Alberta

President aware of anti-abortion display concerns

The president of the University of Alberta is aware of concerns over an upcoming anti-abortion display but says the school supports freedom of expression. In a statement posted online, Indira Samarasekera says Go-Life is a registered student group on campus and has followed university policies. THE CANADIAN PRESS

RICK MERCER REPORT

Tonight Rick joins the celebrations at the 45th Annual Winter Carnival in Gravenhurst, ON.

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CBC

Study: Climate change a factor in Syria chaos

Record drought.

Damaging dry spell forced farmers to move to poverty-stricken cities

The extreme drought that wreaked havoc on Syria between 2006 and 2010 was exacerbated by climate change, and that drought may have helped trigger the country's 2011 revolution, says a provocative new study.

The revolution has since evolved into a complex war that has killed at least 200,000 people, displaced millions and involved many countries. It has also led to the birth of the Islamic State, the brutal terrorist organization that controls vast areas of Syria and Iraq.

"We are not saying climate change caused the uprising," said Colin Kelley, a climatologist at the University of California, Santa Barbara, and lead author of the study. "What we are saying is that this multi-year

Problem faced by farmers

Shahrazad Mohtadi, co-author of the study, says decades of unsustainable policies made it tough for Syrian farmers to weather the drought of 2006-2010. The Assad family encouraged export crops like cotton, which needs a lot of water, and groundwater wells were not regulated, she said. "It depleted groundwater that would have helped during long, dry years."

drought was made more severe due to this long-term trend, and that led to this chain of events."

The study was published in the journal Proceedings of the National Academy of Sciences on Monday.

Researchers say the multi-year drought, the worst ever recorded in the region, wrecked agriculture in the breadbasket region of northern Syria, driving farmers and their families to cities where poverty and

mismanagement by the Bashar Assad government was rampant. This migration came on the heels of more than 1.5 million Iraqi refugees fleeing war in their country and settling in Syria, pointed out Kelley.

"The urban population increased by 50 per cent in eight years. That is a tremendous strain on existing resources," he said. The uprising happened directly after that, he said.

Droughts have been a recurring phenomenon in the Mediterranean region, including substantial ones in the 1950s, 1980s and 1990s, but concern is rising that man-made climate change is intensifying their frequency and duration.

The area called the Fertile Crescent has undergone warming of 1 to 1.2 degrees Celsius and a 10 per cent reduction in wet-season precipitation since 1900, say researchers. This trend is in line with models of human-influenced global warming, said Kelley. The region is expected to get drier and hotter. **TORSTAR NEWS SERVICE**

Los Angeles

Police shooting of homeless man caught on video

Police fatally shot a homeless man during a "brutal" videotaped struggle in which a rookie officer cried out that the man had hold of his gun before three other officers opened fire, the Los Angeles police chief said Monday.

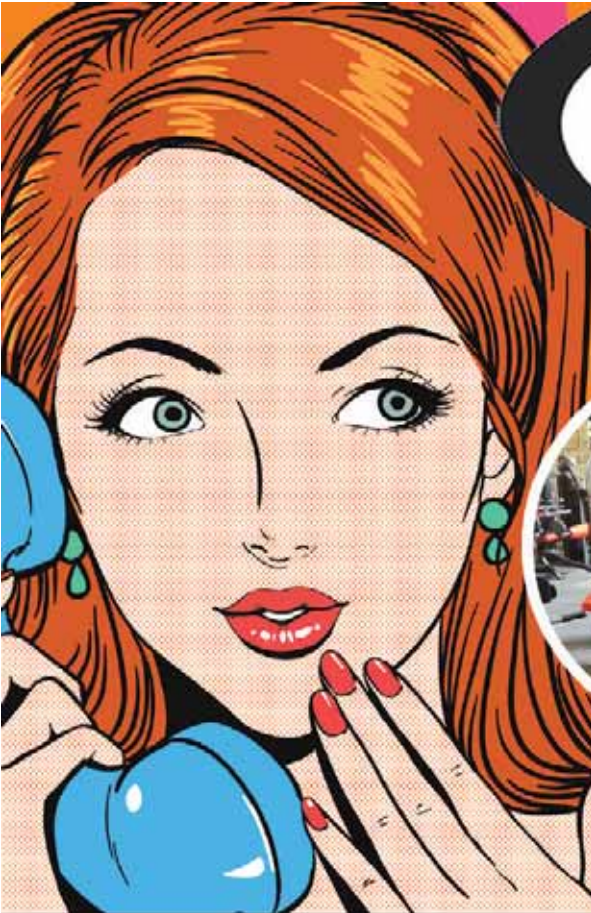
Chief Charlie Beck's account of the incident, including photos showing the condition of the gun, was rare 24 hours after a shooting involving an officer. It comes amid heightened attention to killings by police that have led to protests, some violent, across the United States.

Beck said video showed the man reaching toward the officer's waistband. "You can hear the young officer who was primarily engaged in the confrontation saying that 'He has my gun. He has my gun,'" Beck said. "He says it several times, with conviction." **THE ASSOCIATED PRESS**



Life's a beach in hail-hit Cali

Pedestrians on the Huntington Beach pier look at a beach covered with hail after a passing storm on Monday in Huntington Beach, Calif. The National Weather Service says at least an inch of icy pellets coated the sand at Huntington Beach after the system roared ashore Monday morning. **VICTOR M BRAVO/THE ASSOCIATED PRESS**



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Iraq. Military operation aiming to recapture town from Islamic State group

Backed by Iranian-supported Shiite militias, Iraqi forces launched a large-scale offensive Monday to retake Saddam Hussein's hometown from the Islamic State of Iraq and the Levant (ISIL) group, the first in a series of campaigns to try to reclaim large parts of northern Iraq from the Sunni extremists.

Previous attempts to capture the symbolic city have failed, and hours into Monday's operation, the military said it still hadn't entered Tikrit, indicating a long battle lies ahead.

Retaking it will help Iraqi forces secure a major supply link for any future operation to retake Mosul, Iraq's second-largest city which has been under militant rule since June.

State-run Al-Iraqiya television said that forces were attacking from different directions, backed by artillery and airstrikes by Iraqi fighter jets.

The town in question

Tikrit, the provincial capital of Salahuddin province, 80 miles (130 kilometres) north of Baghdad, fell to the Islamic State group last summer, along with Mosul and other areas in the country's Sunni heartland.

It said the militants were dislodged from some areas outside the city, but several hours into the operation it gave no additional details.

U.S. military officials have said a co-ordinated military mission to retake Mosul will likely begin in April or May and involve as many as 25,000 Iraqi troops.

But the Americans have cautioned that if the Iraqis aren't ready, the offensive could be delayed.

THE ASSOCIATED PRESS

Ukraine conflict body count now over 6,000

Civilians hit hard.

Russia denies they are at war despite steady flow of weapons and troops from the country

More than 6,000 people have died in eastern Ukraine since the start of the conflict almost a year ago that has led to a "merciless devastation of civilian lives and infrastructure," the U.N. human rights office said Monday.

Hundreds of civilians and military personnel have been killed in recent weeks alone after an upswing in fighting particularly near Donetsk airport and in the Debaltseve area, the Geneva-based body said in a report covering the period from December to February.

The strategic railroad town of Debaltseve was captured from Ukrainian government



A destroyed tank is abandoned on the road at a former Ukrainian army checkpoint that was overrun last month by Russia-backed separatists during the offensive for Debaltseve. THE ASSOCIATED PRESS

forces last month by pro-Russian separatists.

While Russia denies its troops are fighting in Ukraine, the U.N. cited "credible reports (that) indicate a continuing flow of heavy weaponry and foreign fighters" from Russia.

"This has sustained and enhanced the capacity of armed

groups of the self-proclaimed 'Donetsk people's republic' and 'Luhansk people's republic' to resist Government armed forces and to launch new offensives in some areas, including around the Donetsk airport, Mariupol and Debaltseve," it said.

U.N. rights chief Zeid Raad

al-Husseini said many civilians stay in embattled areas "because they fear for their lives if they try to move."

"Many others stay to protect children, other family members, or their property," while some are forced to stay or unable to leave, he added.

THE ASSOCIATED PRESS

BEING A LONELY KID EVENTUALLY PAYS OFF.



People without any siblings are more likely to earn six figures than those with brothers or sisters.

THOUGHTS? TWEET US @WORKOPOLIS
For references, view the full article at workopolis.com

WORKOPOLIS
Let's get to work

Kansas

Anti-Semitism at heart of triple killing: Officer

A man accused of fatally shooting three people at Jewish sites in the state of Kansas declared "Heil Hitler!" and asked how many Jews he had killed after the attacks, a police officer who was at the scene testified Monday.

Frazier Glenn Miller, 74, is charged with capital murder in the April 2014 shootings at the Jewish Community Center of Greater Kansas City in Overland Park and at a nearby Jewish retirement home. None of the victims were Jewish. Prosecutors plan to seek the death penalty.

At a preliminary hearing to determine if there is enough evidence to put Miller on trial, Overland Park police Sgt. Marty C. Ingram, who was working off-duty at the Jewish Community Center, testified that he heard shots and saw the doors of the centre's theatre shatter. He said he took cover as more shots hit the building's facade.

THE ASSOCIATED PRESS



Conflicting reports arise in Nemtsov probe

People walk to pay their respects at the place where Boris Nemtsov, a charismatic Russian opposition leader and sharp critic of President Vladimir Putin, was gunned down on Friday near the Kremlin, with St. Basil's Cathedral in the background in Moscow on Monday. Words on a portrait read "Fight!" Conflicting reports on the killing of Nemtsov Monday included mention of possible surveillance footage of his slaying. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Credit cards

Costco strikes deal with Citi, Visa

Costco says it struck a deal for Citi to be the exclusive issuer of its co-branded credit cards in the U.S., with Visa replacing American Express.

American Express said the relationship with Costco expires March 31, 2016. The deal with Visa takes effect the next day.

Costco has been accepting MasterCard at its 88 Canadian locations since Jan. 1, and recently signed an agreement to offer members a co-branded MasterCard with Capital One.

THE ASSOCIATED PRESS

Wireless networks

Google working on cellular services

Google vice-president Sundar Pichai says Google is working with network operators on developing a cellular plan that, he says, will be announced "in the coming months." Speaking at the Mobile World Congress wireless show in Barcelona, Pichai called the plan "a project" and insisted the Internet giant is not a threat to traditional service providers.

Pichai said "we are at a stage where it is important to think about hardware, software and connectivity together."

THE ASSOCIATED PRESS

Michael Jordan makes it onto billionaires list

Forbes. Investment in Charlotte Hornets lifted NBA Hall of Fame player onto annual list

Michael Jordan and two other NBA owners have joined Forbes' annual list of the world's billionaires.

Forbes released its list of billionaires on Monday and noted that Jordan's net worth is estimated at \$1 billion US, thanks to his well-timed investment in the Charlotte Hornets.

Houston Rockets owner Leslie Alexander, with a net worth of \$1.6 billion, and Chicago Bulls owner Jerry Reinsdorf, worth \$1.3 billion, also made the list.

The net worth of NBA franchise values increased this past year after the sale of the Los Angeles Clippers to Steve Ballmer for \$2 billion.



NBA legend Michael Jordan.
GETTY IMAGES FILE

The 52-year-old Jordan, a Hall of Fame player who won six NBA championships with the Bulls, reached billionaire status last June, according to the magazine. This is his first year on Forbes' annual list, which is typically released in March. THE ASSOCIATED PRESS

The Top 10

1 Bill Gates, U.S.A.
Net worth: \$79.2 billion.
Source of wealth: Technology company Microsoft Corp.

2 Carlos Slim Helu, Mexico.
Net worth: \$77.1 billion.
Source of wealth: Telecommunications.

3 Warren Buffett, U.S.A.
Net worth: \$72.7 billion.
Source of wealth: Investment holding company Berkshire Hathaway Inc.

4 Amancio Ortega, Spain.
Net worth: \$64.5 billion.
Source of wealth: Retail chain Zara.

5 Larry Ellison, U.S.A.
Net worth: \$54.3 billion.
Source of wealth: Technology company Oracle Corp.

6 Charles Koch (tie), U.S.A.
Net worth: \$42.9 billion.
Source of wealth: Conglomerate Koch Industries.

6 David Koch (tie), U.S.A.
Net worth: \$42.9 billion.
Source of wealth: Conglomerate Koch Industries.

8 Christy Walton, U.S.A.
Net worth: \$41.7 billion.
Source of wealth: Retailer Wal-Mart Stores Inc.

9 Jim Walton, U.S.A.
Net worth: \$40.6 billion.
Source of wealth: Retailer Wal-Mart Stores Inc.

10 Liliane Bettencourt, France.
Net worth: \$40.1 billion.
Source of wealth: Cosmetics company L'Oreal.

SOURCE: FORBES

Market Minute

DOLLAR
79.78¢
(-0.20¢)

Natural gas: \$2.698 (-3.6¢)
Dow Jones: 18,288.63 (+155.93)

↑ TSX
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↓ OIL
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↓ GOLD
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NOTICE OF PUBLIC MEETING Ontario's Climate Change Strategy Discussion Paper

When: Thursday, March 5, 2015

Time: 6:00 p.m. to 8:00 p.m.

Where: BraeBen Golf Course Clubhouse

5700 Terry Fox Way

Mississauga

Ontario has released a climate change discussion paper and invites citizens, businesses and communities to share ideas about how to successfully fight climate change while fostering economic growth and keeping our businesses competitive.

Experts from the Ministry of the Environment and Climate Change will be available to guide the conversation and answer your questions.

Capacity is limited. Early arrival is required to secure seating.

For special accommodation, please send an e-mail to liz.lumsden@ontario.ca, indicating your accessibility requirements.

You can read the discussion paper at: ontario.ca/climatechange

Can't attend in person? Participate online at www.ontario.ca/climatechange or tel: 416-325-4000 or 1-800-565-4923.

VOICES

SCARBOROUGH SUBWAY ADVOCATES ARE LIKE ANTI-VAXXERS

Distrust of expert opinion, digging in of heels when beliefs are challenged — any of this sound familiar?



YOUR RIDE
Glyn Bowerman

There are people in Toronto whose personal biases have become a problem for the city as a whole.

They favour anecdote over expert advice, opinion over fact, and their arguments stem primarily from personal entitlement.

I'm talking about Scarborough subway proponents.

Toronto urban issues writer Jonathan Golds-bie observed recently that "the anti-LRT movement is a little like the anti-vaccine movement."

That might sound far-fetched, but look at observed qualities of anti-vaxxers and see if it doesn't sound familiar to those of us following the endless Scarborough subway debate.

Anti-elitism: Many speaking from the anti-vaxx perspective point to a rising mistrust of experts as the foundation of their beliefs.

Similarly, former mayor, current online retailer and Scarborough subway advocate Rob Ford rode to power on a populist ticket, capitalizing on an existing mistrust of experts and a wealth of available research.

In Ford Nation (to paraphrase Ron Swanson), anything lighter than a subway is a streetcar and streetcars are pointless. Ford wouldn't be bothered with any fancy LRT talk; Scarborough deserved subways.

Disconfirmation bias: Confirmation conformation: We tend to dig our heels in when our beliefs are challenged. Try to school those adverse to vaccines about facts and figures, and you'll inadvertently bolster their beliefs.

Try telling a Scarborough subway advocate that projected ridership doesn't justify a subway.



Convincing some people that the existing rapid transit line serving Scarborough is best replaced by a subway seems a futile effort. TORSTAR NEWS SERVICE FILE.

Mention a fully funded LRT capable of serving more people for less than was already planned, then cancelled, costing the city upwards of \$75 million. You can try, but they'll only become more closed off than ever.

There was a literal display of the disconfirmation bias at last week's TTC board meeting.

Coun. Josh Matlow presented commissioners with a letter, begging them not to prematurely award an \$80-million contract for the manage-

ment of the Scarborough subway project before the environmental assessment was complete.

Pro-subway Coun. Glenn De Baeremaeker — perhaps imaging himself the subject of a future Canadian Heritage Minute — held Matlow's letter aloft, promising to throw it in the garbage.

Imagine the script: "And that's how the Downtown Relief Line never got built. Part of our heritage."

DO YOU HAVE A TRANSIT IDEA?
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toronto@metronews.ca

Omission bias: We tend to judge the consequences of action as less moral than those of inaction.

If a child gets sick, that's life. If a child suffers a rare vaccine side effect, you poisoned your child. Similarly, if the new mayor and council just let the Scarborough subway happen, who's really to blame? If they delay it, or suggest an alternative, whatever happens next is on them.

This may be why Mayor John Tory brushes aside concern about the Scarborough subway, saying we must simply "get on with it." Let it happen. Que sera, sera.

There is a pernicious threat to the future of Toronto's transit system that must be stamped out. Years of planning and research are threatened by the fallacious argument Isaac Asimov described as: "My ignorance is just as good as your knowledge."

Maybe it's too late to inoculate ourselves from misleading arguments that have dominated our transit planning.

Maybe we're fated to throw money at a poor plan, instead of investing it in something that will serve more people, and free up funds for priorities like the Relief Line.

If that's the case, we're all coming down with a bad case of congestion.

Glyn Bowerman is a Toronto based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

You can Meet a Muslim Family, but don't stop there



DEENA DOUARA
readers@metronews.ca

Ever wondered why Muslims don't eat pork? Dying to understand what "Allahu Akbar" really means? Well, thanks to a national campaign that launched Sunday, you can ask a real live Muslim near you these burning questions and more!

Ahmadiyya Muslims (a minority sect of Islam) will for the next couple weeks invite strangers into their homes to dispel misconceptions about Islam.

There are some obvious concerns with the Meet a Muslim Family campaign, encapsulated by this tweet: @ShebaSid: "I feel like the next step is a zoo full of Muslims. You can poke and prod us and coo at us. Throw us a piece of meat. #MeetAMuslim-Family #WTF"

As a Muslim myself, I can relate. But in the context of a country where many

people — even in urban areas — find us no less exotic than wallabies (and considerably more violent), it's laudable that some in the community are being proactive.

Last week's outrageous incident of a Quebec judge refusing to hear a woman's case because she was wearing a head scarf demonstrates a need to educate the public on how the hijab, for example, is a bit different than sunglasses (and also not a sign of oppression — but that's for a different article).

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

However, a note of caution with these campaigns, illustrated with this anecdote:

In discussing a novel with a group of friends recently, I explained my shock at descriptions of Mennonite youth having

Hug me, I'm Muslim

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

sex, doing drugs and acting like "normal" rebellious teens. A friend interjected: "Oh no, they're not like that at all! I lived with one in university, and they are very strict and pure."

My friend not only met a Mennonite, she lived with a Mennonite. And that is how she understands anything to do with them. The problem with Meet a Muslim Family is that no one person could possibly speak

for a group that's composed of more than a billion and a half people worldwide. Some Muslim families pray together, others drink together. Some can take four hours explaining why we're meant to pray five times a day, others would say little more than, "It's one of the pillars."

While non-Muslims proactively seeking knowledge is noble, realistically, our communities cannot expect that. "Educate yourselves" is not a fair proposition. For better or worse, people develop impressions through those they know, and the onus is on Muslims to be open about their faith with neighbours and colleagues, mix in with other communities and be vocal in the face of false, misleading or offensive rhetoric.

So sure, go meet a Muslim. But what's better than knowing one Muslim is knowing more than one Muslim.

Deena Douara is a Toronto-based freelancer and communications consultant. @Deena_Do

News flash: Cameron likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex.



"It's something healthy that we need to be doing for many different reasons," she tells Cosmopolitan. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa. Oh, and while she's imparting so much wisdom, Diaz also wants to talk about moderation.

"Well-being is an equation," she intones. "Remember, you don't have to have the whole cake, you can have a piece." So go ahead, eat that piece of cake.

But it's not all positivity and sunbeams in Diaz's latest treatise on the lives of the healthy. She also admits there are some things she doesn't like. For instance, Twitter.

"I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.

What it takes to get Kanye to Oxford

Kanye West gave a lecture at Oxford University Monday because obviously, right?

He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern?

"Many hours negotiating against the odds," according to Guild chairman Abbas Kazmi. But was it worth it?

According to live-tweeting by students attending the event, totally. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."



Taylor Swift ALL PHOTOS BY GETTY IMAGES

Baby helps Swift shake off Perry beef

Taylor Swift has a new job. Jamie King took to Instagram to announce that she'd nominated the Shake it Off singer to be the godmother of her second, yet-to-arrive child.

"Taylor Swift will forever be watching over our new baby," King wrote. Swift herself posted a photo of communing with King's pregnant tummy.

And it's good that Swift has a new gig, since she's apparently shying away from her

old job of feuding with Katy Perry. In a lengthy chat with the Telegraph, Swift vows not to mention Perry anymore, so stop bringing her up, OK?

"I'm not giving them anything to write about," she says when asked about Bad Blood, her song allegedly about Perry. "I'm never going to talk about her in my interview. It's not going to happen."

Fine, whatever. But she will talk about her love life. Or the

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



2 SCENE



KELLY CLARKSON

PIECE BY PIECE

THE NEW ALBUM
FEATURING "HEARTBEAT SONG"
AVAILABLE NOW




Distribution

Finding the perfect music release day

**SOUND CHECK**Alan Cross
scene@metronews.ca

Starting this summer, all new music will come out on Friday. Why? To get people into stores and buying online during the weekend.

When I started writing for Metro, my scribbles appeared on Fridays. The Almighty Editors believed since people were gearing up for the weekend that Fridays were the perfect time for music-related content. But then some time ago my column switched to Tuesday.

For years, the agreed-upon day for releasing new music was Tuesday, which was initiated to solve transportation and stocking issues. We thus became trained to expect new music on Tuesday. This was good for the industry. If everything came out on the

same day, it was easier to compile sales charts. Marketing plans could be geared to specific dates with big week-end campaigns leading up to release day. Radio stations arranged their work weeks around Tuesday visits from reps and music meetings on Wednesday or Thursday to determine what songs would be added to the playlist on Friday.

However, there was a slight problem. The U.K. and Ireland insisted that Mondays were best for new releases. Japan preferred Wednesdays.

Different release days were fine in the era of physical releases. But digital files are another matter. Release a song in the U.K. on Monday and it instantly zings into territories that don't yet legally have it on sale. In an effort to co-ordinate everything and cut down on piracy, the International Federation of the Photograph Industry (IFPI) opened a worldwide dialogue to hammer out a single global release day. And after much debate, they've decided that beginning this summer, all new music will come out on Friday.

Noel Gallagher looks to the future by Chasing Yesterday

New album. Former Oasis man is loving life as a solo artist

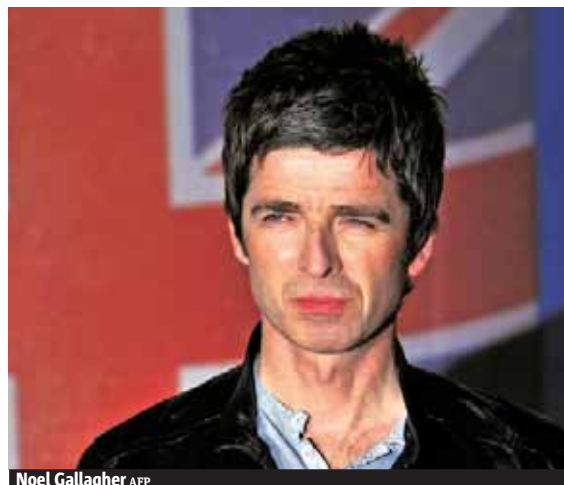
Former Oasis star Noel Gallagher is putting his past behind him, releasing a new solo album, ruling out a reunion with his brother Liam.

Oasis split five years ago after nearly two decades of fractious sibling rivalry between guitarist Noel and his younger brother Liam, the band's frontman.

"I haven't seen him for about five months but we text quite a lot. It's usually him insulting me," laughs Gallagher, during an interview in London.

Liam's post-Oasis band Beady Eye recently broke up as well but he is quick to dismiss any suggestion of a reunion with his 42-year-old brother.

"The answer is no," he



Noel Gallagher AFP

says.

His new album Chasing Yesterday, his second since the band split, is released on March 2 and features his signature combination of layered guitars and elliptical lyrics.

The star is full of enthusiasm for the life of a solo artist.

"It's more rewarding, it's more fulfilling. I like being in charge of everything," he says.

"I just write songs and I

collect the songs together and I make an album out of them."

Gallagher is now a 47-year-old family man with three children who is more likely to be found watching his beloved Manchester City than indulging a rock 'n' roll lifestyle.

His legendary bile towards musicians whose work he does not rate has not diminished with age.

"Beyoncé, not for me. My wife loves her but she's got no taste. Katy Perry? Even my daughter hates her and she's 15. Sam Smith? Not for me," he says.

"Traditional rock stars are like wild animals — Mick Jagger or my brother," he adds.

"They don't give a f—. Modern rock stars, Alex Turner (of Arctic Monkeys) or Sergio from Kasabian, they do give a f—, they care about their hairstyle, they care about what they think."

AFP

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Youtube awards celebrate big stars

Internet. Video site recognizes big hits, subscriber growth

Beyoncé, Big Sean, Drake and Ed Sheeran feature among the 50 artists who will be picking up an award from YouTube at a special online-only event scheduled for March 23.

YouTube has not explained exactly how the artists were judged for winning their awards, other than to say that they "showed the biggest growth in view, subscribers and engagement over the last six months on YouTube."

Collectively, the artists, who also include Katy Perry, OK Go, One Direction, Snoop Dogg, Taylor Swift and Lady Gaga, have clocked up more than 47



Big Sean, left, is one of the YouTube award winners. AFP

billion views and boast 164 million subscribers since September.

To mark the achievement YouTube will be posting a huge collection of exclusive new content from emerging and established artists on March 23. The package is

being produced by Vice and contributors included Cahoots, Charli XCX, Migos, Nicky Jam and Shamir.

As for the YouTube Music Awards 2015, it will be broadcast live on YouTube on its own dedicated channel. AFP

TV movie. Ann Coulter, Mark Cuban to star in Syfy's Sharknado 3

This summer's Sharknado 3 will usher in the Cuban-Coulter administration.

The Syfy network said Monday that Dallas Mavericks owner and Shark Tank star Mark Cuban will play the president of the United States in the third instalment of the goofy Sharknado TV movie series, set to premiere in July.

Conservative commentator and author Ann Coulter

will be his vice-president.

The network previously said Bo Derek will have a cameo as star Tara Reid's mother, Jerry Springer will play a tourist and 'N Sync singer Chris Kirkpatrick will be a pool lifeguard.

This year the toothy storm terrorizes Washington, D.C., before moving down to Florida.

THE ASSOCIATED PRESS



Ann Coulter and Mark Cuban have jumped on board for Sharknado 3. Cuban will play the U.S. president and Coulter will be his VP. PHOTOS: GETTY IMAGES

Reality TV

Judge Judy's court to stay in session

Daytime television's most popular personality, Judge Judy Sheindlin, has extended her contract for three years and will be on air until 2020.

CBS Television Distribution didn't discuss terms of the deal Monday.

TV Guide has reported her current salary at \$47 million a year — making her by far the highest-paid personality on television. Sheindlin is 72.

The new deal also gives CBS first look at any projects by Sheindlin's production company, which makes the new court show Hot Bench.

Judge Judy is now in its 19th season, and has been the top daytime TV show for the past five years.

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Fertility myths debunked

Trying to get pregnant? An expert sets the record straight on a few widespread misconceptions

EMILY
LAURENCE
Metro in New York City

Whether you're trying to get pregnant now or you want to have kids in the far-off future, educating yourself about fertility can only help your case. "If you want a good outcome, you need to be thoughtful about what information out there can help you," says Dr. Jamie Grifo, director of the New York University Fertility Center and co-author of *The Whole Life Fertility Plan*. Here, he helps expose some myths surrounding fertility.

Myth #1: Being on the pill now will hurt your chances of getting pregnant later.

Dr. Grifo says this is a huge misconception people have for two reasons. The first is that it can take anywhere from three months to a year for a woman's menstrual cycle to get back to normal.

"It's harder initially (to conceive), but there's no measurable impact on fertility," Dr. Grifo says.

"Another reason for this myth is that a lot of women are on the pill until their late



Educate yourself about fertility before you try to have a baby. ISTOCK

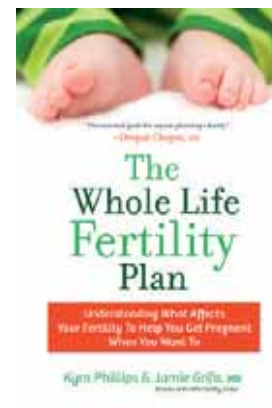
30s and then have trouble getting pregnant," Dr. Grifo says. "But the pill has nothing to do with it. They'd have the same problem if they had never been on the pill. (It's really because) it's harder to get pregnant after a certain age."

Myth #2: You shouldn't think about fertility until you're absolutely ready to have a baby.

If you are a woman over 30, Dr. Grifo says you need to start thinking about if and when you want to be a mom now, when there are more options available to you.

"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant," Dr. Grifo says.

Simply educating your-



self about fertility is a good place to start. Then you can start weighing your options, such as if you want to freeze your eggs so you can be your own egg donor later, when you are ready to have a child, though there are several other options as well.

Myth #3: Drinking alcohol will hurt your chances of getting pregnant.

Good news — Dr. Grifo says having three or four glasses of wine a week isn't going to hurt your eggs. Things that may negatively impact your fertility include smoking and too much junk food.

"It's more about treating your body with respect and common sense," Dr. Grifo says, stressing the importance of eating a balanced diet rich in protein and healthy fats, as well as regularly exercising.

Hearing

Your jam could be bad for your ears, WHO says

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) said on Friday.

The WHO estimates around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Another 40 per cent are at risk from damaging audio levels at concert venues and night clubs.

"Young people should be aware that once you lose your hearing, it won't come back," said Shelley Chadha, a WHO specialist on hearing impairment.

To counter the risks, the WHO recommends personal audio devices not be used for more than an hour a day, and used at reduced sound levels.

The WHO also wants governments to play a role by imposing strict regulations on noise in public places. AFP

Listen with care, says WHO. ISTOCK



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What's behind the New Nordic Diet?

Everyone's talking about the New Nordic Diet.

A dynamic combination of gourmet and science, the New Nordic Diet was developed at the University of Copenhagen's OPUS Research Center with help from top-shelf foodie Claus Meyer.

Health-wise, the diet and its close variations have been proven in studies to lower cholesterol, reduce inflammation and lead to weight loss.

The New Nordic Diet calls for canola oil, which is the main cooking oil in Scandinavia. Berries are often overlooked, especially in the winter, but they are highly recommended by the Nordic researchers for their antioxidant content.

Cabbages, root vegetables, legumes, potatoes and herbs are also on the list in this diet that encourages you to consume more veggies not just because they're low in calories, but also for the good of the planet. **AFP**

From popular wellness blog to budding business

Health. Meet the next generation of diet and exercise gurus

An immense following on the Internet has led the way for two young bloggers to pursue their passions — and preachings — full throttle, and a recent book for each marks anew their unprecedented success.

When Cassey Ho pepped up the art of Pilates in 2009, she turned to YouTube and soon created the channel Blogilates which, with playful but challenging videos coloured by Ho's bubbly SoCal charm, became a sensation.

Now the top fitness channel on YouTube has a subscriber base of over 1.8 million, ringing in 60,000 views per day and eight-million views per month, according to wbur's CommonHealth, and fans of the site are anxiously awaiting the March release of Ho's first book, *Hot Body Year Round*.

Ho is creating an empire of

her free fitness service, whose pink-splashed website contains recipes, nutrition information, printable workout guides and a link to her BODYPOP sportswear line, which she launched last year.

Another young star of the wellness blogosphere has an equally enviable figure, although Food Babe Vani Hari has posted old photos of herself considerably heavier, taken before she started watching what she ate and went up in arms against the food industry.

She's got no credentials in food science or nutrition studies, yet people listened when she started speaking out in a society that's increasingly wary of the food industry and created her Food Babe blog in 2011.

According to her blog, Hari's efforts

Fitness blogger Cassey Ho

have helped contribute to corporations such as Starbucks and Kraft parting ways with ingredients such as artificial corn syrup, colouring and texturizing agents.

Hari, whose website contains recipes, shopping strategies and other practical advice, recently came out with her book *The Food Babe Way*, published by Little, Brown & Company.

Like Ho, Hari has spun her blog into a career. Having quit her job in corporate America, she now makes her living from selling an array of eating guides on her website and through affiliated marketing partnerships with brands that produce foods she deems acceptable. **AFP**

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Curb the chaos in your household

Work/life balance.

Dr. Travis Stork weighs in on how to smooth out the working week

For many parents, the typical week is often a blur of work, rushing their children to school and activities, hurried meals and late nights — a combination that leaves every member of the family cranky, exhausted and emotionally disconnected.

Dr. Travis Stork wants to assure the moms and dads out there that there's a better way.

"Without question, you have to have a plan in place," says Stork, an emergency room physician and one of the hosts of the popular talk show *The Doctors*. Stork is giving families pointers on how to make their days go more smoothly. He shares some of his most im-



Create a plan and you'll soon find a peace come over your humble abode. ISTOCK

portant tips with Metro readers.

Plan ahead

There's nothing worse than coming home after a long day and having no idea what to prepare for dinner. "Some parents will put together a meal sheet for the week ahead," says Stork. "If nothing else, don't let

the next day get ahead of you."

Part of the planning process, says Stork, is to block out time to do grocery shopping for the week and to create to-do lists of everything you need to get done.

Involve your kids

It's a cliché, but Stork says breakfast really is the most

important meal of the day. "I grew up eating cereal and milk every morning," Stork recalls. "If you don't have time in the morning, you can lay out the bowl and spoon the night before so that when you get to the kitchen everything is ready."

Giving kids options when it comes to their breakfasts is empowering. "Give them a choice as to how they are going to dress it up," he says. "Let them pick which fruits to put on their cereal."

Define quality time

"It's easy to lose track of how much time we spend on things," he notes. "List out what your true priorities are." And then make time for them by accounting for where your time goes: "For something like watching TV, you may be spending more time on that than you realize."

Make time for yourself: "Planning for yourself is not selfish," Stork reminds us. "As an ER doctor, I've seen that if you don't plan for yourself, you could cut your life short."

Dr. Travis Stork
GETTY IMAGES



Advice. A paralympian teaches us how to stay on track after a setback



Gold medallist Bradley Snyder. GETTY IMAGES

Naval veteran Brad Snyder distinctly recalls the moment he realized that his life would never be the same.

It was just after he was wounded during an IED attack in Afghanistan with injuries that would leave him permanently blind. "I remember waking up in the hospital and thinking 'When I dream I can see, I can walk around just fine. But when I wake up, it's dark again.'"

During his recovery, a nurse asked Snyder if he liked sports and suggested that he consider training for the Paralympics. A member of the swim team during his time at the Naval Academy, Snyder decided to return to the sport and ended up winning two golds and one silver for the United States during the 2012 Paralympic Games in London. While most will not have to recover from setbacks as extreme as Snyder's, he stresses that there are universal lessons to be learned from his experiences.

We caught up with Snyder shortly after a recent speech he made at New York University as part of Deloitte's Road Show with Team USA.

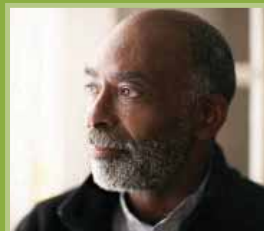
Try not to think of the past: "Dwelling on the negatives, dwelling on the stress, dwelling on the uncertainty — none of these are going to get you anywhere," says Snyder. "Focus on the positives, focus on personal development, focus on the upsides."

Accept that unfair things happen: "Crappy things are going to happen to everyone," Snyder points out. "We're all going to face adversity. Embrace your circumstances and realize that you can make things change."

Be humble: "I've had the good fortune that the way the Navy works is that you are thrown into the fire right away," says Snyder. "I have been the laughing stock of every joke, I've made so many mistakes that I can't even count them ... It's important to remember that success is often the fourth or fifth attempt."

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Healthy eating

Peachy keen on benefits of canned food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Is canned food allowed back into your healthy gourmet kitchen?

As February was National Canned Food Month and this month is Nutrition Month, I see no reason why the two can't get along.

I already know that I love peaches. I have since I was six, and waiting 11 months for my fix isn't fair, so I do put canned peaches through their paces especially this time of year.

Canned peaches deliver a promising amount of nutrients that are actually enhanced by the canning process. Vitamin A, folate, lycopene and

some anti-oxidants are made more bio-available by the heating and canning process. But the truly impressive nutrient is vitamin E.

Vitamin E is a fat-soluble, anti-inflammatory, anti-aging nutrient that is usually associated with nuts and seeds. And while those little nuggets are great for you, a small handful is all you can eat each day because of their caloric punch. Fruit sources, on the other hand, can be layered in without worry and consumed in satisfyingly high amounts.

There is even support that the canning process actually enhances the eye-protecting nutrients of lutein and zeaxanthin, and we know lycopene (present in high amounts in peaches), which helps prevent prostate cancer, benefits from the heating of tomatoes into sauce.



There's no need to wait for fresh peach season when canned peaches pack such a nutrient-rich punch. ISTOCK

Peaches get saucy with pork

30 minutes to dinner.

Peach sauce turns a curried pork tenderloin into a sweet surprise

Directions

1. Place pork tenderloin in a large freezer bag, combine curry and chili powders, one clove of garlic and olive oil and rub well. Set aside on counter for a few minutes or place in fridge to marinate for up to 24 hours.

2. In a small pot, combine juice from clingstone peaches (but set aside peaches themselves until later), wine, vinegar and remaining garlic. Bring to a boil and simmer to reduce into a sauce for 10-20 minutes. Stir in peaches and keep warm until pork is cooked.

3. Empty pork into a casserole dish and bake at 400 F for 20 minutes until cooked through to 130 F.

4. Add peach sauce and cook



This recipe serves four. TERESA ALBERT

for 5-10 more minutes. Garnish with pea shoots or other herb greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 -1.5 pound pork tenderloin cut into 4 equal pieces
- 1 tbsp curry powder
- 1 tsp chili powder
- 2 cloves garlic, minced and divided
- 1 tbsp extra virgin olive oil
- 1 can clingstone peach slices, juice reserved
- 1 cup sweet white wine
- 1/2 cup apple cider vinegar
- Pea shoots for garnish, optional

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'We did as much as we could': Nonis

NHL. Leafs dabble at trade deadline, but fail to find new homes for disappointing core group

We're not at the point yet where the Maple Leafs have to walk around with "Hello, my name is" tags on them, but perhaps they're lucky their names are on their sweaters and nameplates are on their lockers.

"No, I don't know any of them," said defenceman Tim Erixon, one of the newer Maple Leafs, as he arrived at the team's hotel in Fort Lauderdale, Fla.

A short while later, Erixon was standing behind defenceman Roman Polak by the hotel's concierge desk. At first, Polak didn't know the gentleman behind him was a teammate. When it was pointed out, Polak introduced himself. They laughed.

It was a strange day around the Maple Leafs. It was a day off for the players, a day to try to relax — most went poolside, a few to the beach — while also waiting to see what the future held and whether their lives would be turned upside down.

"I heard lots of rumours, lots of trade possibilities, I was kind of anxious," said Polak. "You never know when you're in this situation. I wouldn't blame anybody. We're in a bad spot. We didn't do what was expected."

Dion Phaneuf, Phil Kessel, Joffrey Lupul, Tyler Bozak all heard their names mentioned repeatedly in the days leading to the deadline. There was talk of deals that went awry, but all remain in blue and white.



With losses in Montreal and Washington over the weekend, the Leafs have now lost 16 straight road games, six of those by shutout. PAUL CHIASSON/THE CANADIAN PRESS

Tweet kerfuffle

TSN apologized for an inflammatory fan tweet that the network aired during its NHL trade deadline coverage.

- A Maple Leafs fan wrote an insinuating tweet about

Leafs forward Joffrey Lupul and Dion Phaneuf's wife, actress Elisha Cuthbert. The tweet made it onto the network as part of an ongoing crawl at the bottom of the screen. **THE CANADIAN PRESS**

It was depth players who were being added and subtracted — mostly in an attempt to get draft picks.

The Leafs traded defenceman Korbinian Holzer to the Anaheim Ducks for Eric Brewer and a fifth-round pick in 2016. Both Holzer and Brewer are un-

restricted free agents. The Leafs, taking on Brewer's \$3.75-million cap hit for Holzer's \$550,000, value the draft pick the most. Like Erixon, Brewer is on his third team this season, having started with Tampa Bay.

Less of a surprise was that the Leafs also traded Olli

Jokinen to the St. Louis Blues for 31-year-old centre Joakim Lindstrom and a conditional draft pick in 2016. It's a fourth-rounder if the Blues go to the Cup final and Jokinen plays. It's a sixth-rounder otherwise.

"It was a long day, now we can move forward with the remaining games in our schedule," said GM Dave Nonis. "We did as much as we could. You always hope for more. There were a couple of other things we (hoped) we could have got done."

"We're pretty confident and happy with what we accomplished over the past two or three weeks."

TORSTAR NEWS SERVICE

NBA

DeRozan springs into all-star mode with Lowry sitting

DeMar DeRozan scored a season-high 35 points, Lou Williams had 21 and the Toronto Raptors snapped a five-game losing streak with a 114-103 win over the Philadelphia 76ers on Monday night.

Toronto coach Dwane Casey gave slumping all-star and Philadelphia native Kyle Lowry another night off to rest. It was the Raptors' first win since Feb. 20.

They hold the No. 2 seed in the Eastern Conference by one game over the Chicago Bulls.

THE ASSOCIATED PRESS



DeMar DeRozan had 35 points, nine rebounds, five assists and two steals on Monday night in Philadelphia. **THE ASSOCIATED PRESS**

NBA

Harden nabbed on LeBron low blow

The NBA has suspended Houston star James Harden one game without pay for kicking LeBron James in the groin.

The all-stars became tangled in the third quarter of Houston's 105-103 victory over Cleveland on Sunday and Harden fell back to the court, then kicked his foot up into James. **THE ASSOCIATED PRESS**

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Martin earns positive review catching knuckler

MLB. Toronto native likens Dickey's go-to pitch to a butterfly

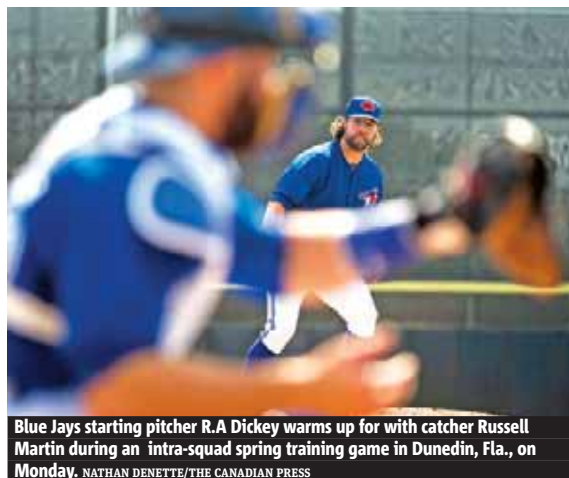
Ask Russell Martin what it's like to corral a R.A. Dickey knuckleball and the Blue Jays catcher pauses briefly, trying to capture the experience.

"Have you ever tried to catch a butterfly as it's floating around in the air?" he responded.

"I wish I could put a camera on my mask or something for people to see exactly what the ball's doing," he added. "It's pretty impressive."

Martin got his first in-game experience with the Dickey floater Monday, albeit for just one inning of a low-key intra-squad game.

Dickey issued a walk and Martin had two balls dribble out of his glove, but at no cost.



Blue Jays starting pitcher R.A. Dickey warms up for with catcher Russell Martin during an intra-squad spring training game in Dunedin, Fla., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

That earned the Canadian catcher a positive review from Toronto manager John Gibbons.

"He's got as good as hands as anybody in baseball," Gib-

bons said of Martin. "That's one of the reasons he's here. It just looked almost effortless."

Martin, a Toronto native who grew up in Chelsea, Que., wants to catch Dickey so he

Intra-squad result

1

Just one run was scored as the Grey team beat the Blue squad 1-0 on Mitch Nay's fifth-inning homer off left-hander Juan Oramas.

can see as much action as possible. The Jays want their \$82-million US catcher on the field to take advantage of his bat and game management.

Josh Thole has been Dickey's personal catcher in recent years.

Martin said the key to catching the knuckler is focus, tracking the ball as it comes to him. It's hard work but doable.

"As long as Dickey's comfortable out there on the mound, that's what most important," he said. "Hopefully he's OK with the way I'm handling it right now."

THE CANADIAN PRESS

Premier League

Johnson arrested on suspicion of sex act with minor

Premier League club Sunderland suspended midfielder Adam Johnson on Monday after he was arrested on suspicion of sexual activity with a girl under the age of 16.

He was released on police bail "pending ongoing investigations," a force in northeast England said.

THE ASSOCIATED PRESS

Curling

Jacobs improves to 4-0 at Brier

Northern Ontario's Brad Jacobs won his fourth in a row to open the Canadian men's curling championship. The 2013 Canadian champion and reigning Olympic champions downed Jamie Koe of Northwest Territories 9-4 in Monday's afternoon draw.

THE CANADIAN PRESS

Boxing

Mayweather-Pacquiao bout needs little hype

The fight is so big, Manny Pacquiao and Floyd Mayweather Jr. won't be spending much time promoting it.

The two boxers will get together March 11 in Los Angeles for the only press conference before the week of the fight, organizers said Monday. They won't meet again until the final press conference at the MGM Grand in the days before the May 2 mega fight.

THE ASSOCIATED PRESS



Floyd Mayweather Jr. GETTY IMAGES

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

With luck planet Jupiter so strong in your chart this has to be one of the best times of the year for you. No matter how many occasions you have failed in the past you will succeed now.

Taurus

April 21 - May 21

Don't listen to your own doubts and fears today because they will cloud your mind and prevent you from reaching your true potential.

Gemini

May 22 - June 21

You will make an important decision today, quite possibly the single most important decision you will make for months to come.

Cancer

June 22 - July 23

If anyone tries to push you around or force you in a direction you don't want to go they will soon learn the error of their ways. You are in no mood to take nonsense.

Leo

July 24 - Aug. 23

You will go your own way today, and the more others try to persuade you to cautious the more risks you are likely to take.

Virgo

Aug. 24 - Sept. 23

The more you try to break free of restrictions the more they seem to hold you back. Make an extra special effort to regain your independence.

Libra

Sept. 24 - Oct. 23

You won't hesitate to get involved in some kind of dispute today, even if it has nothing to do with you. Make sure you know your facts.

Scorpio

Oct. 24 - Nov. 22

If you feel the need to change the way you do things now is the time to be a bit more adventurous and try out new methods and routines.

Sagittarius

Nov. 23 - Dec. 21

No matter how many barriers or obstacles you have to deal with today you will overcome them all with ease. It's not often it's as good as this, so make the most of it and do something special.

Capricorn

Dec. 22 - Jan. 20

Some kind of upheaval will take place today. However, this particular upheaval comes with an opportunity attached. You could make some money.

Aquarius

Jan. 21 - Feb. 19

Someone wants to repay you for all the kindness you have shown. It will make them feel good to do you a favour.

Pisces

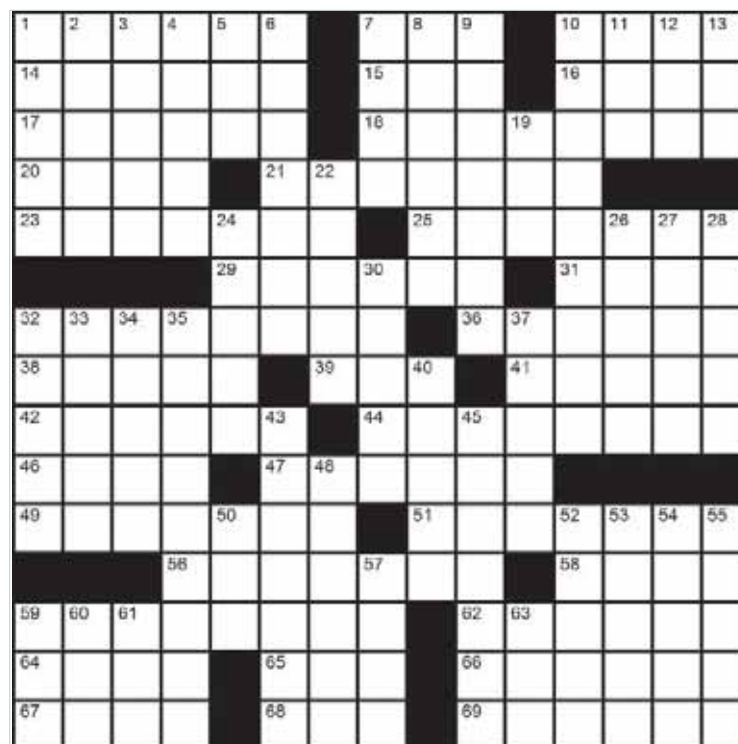
Feb. 20 - March 20

You know what you want and you know how to get it and anyone who stands in your way won't be standing for long. Every now and again you go right the other way and just take what you desire.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Muscle cramps
7. Male swan
10. Yukon village near the Alaska border
14. Quieten: 2 wds.
15. Mr. Vigoda
16. Exterior tap connection
17. Amusement gallery
18. "___ Door" (Canadian children's show)
20. Tilt
21. Of superior quality
23. From one side only in law: 2 wds.
25. Mould makers
29. Decorative
31. Verifiable
32. Ones who rudely make their way through crowds
36. Lion, when communicating
38. Outlandish
39. "Sure."
41. LED = Light-Emitting ___
42. Abrupt arrival
44. Heeled hero
46. Pond guck
47. Stellar
49. Artist's 'eggy' painting
51. Logging-on names, e.g.: 2 wds.
56. Idina Menzel's role in Broadway musical Wicked
58. Send forth
59. Big quantity



62. Cheap
64. Press
65. Hour: Italian
66. Halifax singer, Rich ___: His current album is called 'Ephemeral'
67. Ski lift
68. Hippy-protested war

69. "The Apprenticeship of Duddy Kravitz" (1974) character

Down

1. Sedimentary rock
2. Laundry detergent brand
3. Guild for songwriters, e.g.

4. First two syllables of Woodstock's doo-wop group
5. Earth-turned-wet
6. Phantom
7. Organized+crime boss
8. Orchestra member
9. Hudson Bay archipelago, ___ Islands

10. ___ Aviation (Corporate air charter provider in Saskatchewan)
11. Fall asleep, with Off
12. Mount ___ (Volcano of Japan)
13. Become
19. Particular parrot

22. British actor Mr. Cavill
24. Theatrical gigs
26. Mr. Flynn
27. Montreal: Mountain Street = ___ la Montagne
28. Parched periods
30. "Why don't you take ___?" (There are chairs everywhere)
32. Beam
33. Weight amount
34. Play the ukulele
35. Alberta: Grande Prairie's bird symbol, ___ Swan
37. Swan Lake character
40. Exfoliating facial cleanser
43. Sea hunter's weapon
45. Can give input to the decision: 3 wds.
48. Northern Africa expanse
50. Building wing
52. Treat the sprain once more
53. "___ in Love" by 10cc
54. 7, 8, or 9
55. Songwriting team, Cahn-___
57. Eve's beau
59. Objectionable word
60. Royal symbol
61. Toronto attraction, ___ Khan Museum
63. Phone's 8 letters

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	6	1	5	7	9	8	2
7	5	1	2	8	9	4	3	6
2	9	8	4	3	6	1	7	5
9	6	2	7	1	4	8	5	3
5	7	4	3	9	8	6	2	1
8	1	3	6	2	5	7	9	4
1	4	5	9	7	3	2	6	8
6	8	7	5	4	2	3	1	9
3	2	9	8	6	1	5	4	7

	2	1			5			
6		4	2	8				
9	3			4		7		
	4		8					1
	6	8		7		2	4	
7					6		9	
		3		6			5	8
				3	4	1		6
			5			9	3	

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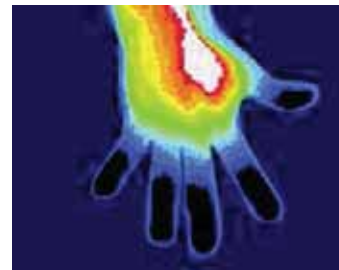
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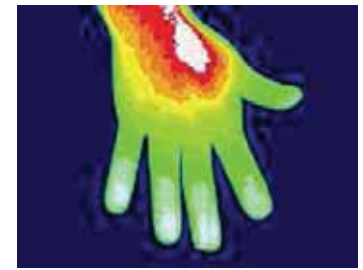
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